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**Important Policies**

We strive to provide you with the best-personalized care available. To make this possible, we adhere to a set of very important policies. Please read them carefully and indicate your agreement by signing at the bottom.

**24-hour Advance Notice:**

If you wish to cancel or change an appointment, we require a minimum of 24-hour advanced notice. If you do not give a 24-hour notice, you will lose your personal training appointment.

For example, if you purchase a 12-pack of personal training sessions, and you have your sessions scheduled out, and call to cancel on your 6/12 session, you will lose that session and your sessions will resume at 7/12.

**No Shows are bad:**

If you fail to show for an appointment without notice, you will lose your personal training appointment, and all future appointments you have scheduled will be removed. You may reschedule appointments again on a “first come, first serve” basis.

I have carefully read and agree to all the above policies. In the event such policies are broken, I agree to the consequences set forth.

Print Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Witness: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_